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**FOR IMMEDIATE RELEASE** *(Nov. 3, 2012)*

**MURFREESBORO, Tenn.** -- It's that time again. Sunday at 2 a.m., Central Daylight Saving Time (CDST), will once again end and all clocks in the land will fall back an hour to Central Standard Time (CST).

Federal legislation signed into law by President George Bush in 2005 effectively moves the "Spring Forward, Fall Back" tradition up three weeks to the second Sunday of March and the return to CST to the first Sunday in November.

This year that's the 4th or this coming Sunday. Many prefer to make the changes the Saturday night before.

Like all fire departments, Murfreesboro Fire and Rescue Department (MFRD) encourages people to change their smoke detector batteries when they change their clocks because the time change provides a convenient six-month reminder.

It's been proven that a working smoke detector more than doubles a person's chances of surviving a home fire and, though more than 90 percent of homes in the United States have smoke detectors, estimates are that about a third don't function because of dead or missing batteries, experts say.

MFRD has redoubled its efforts this year to promote fire safety in the home with its Project SAFE (Smoke Alarms For Everyone) program. Any city resident interested in having operable smoke detectors can call MFRD at 893-1422 for more information. This year there are options that include a model that attaches to the bed and vibrates violently when it detects fire or smoke.

Because smoke and fire produce different chemicals, two different smoke detectors are now available, according to the office of Murfreesboro Fire and Rescue Department's Fire Marshal.

But why make the change 2 a.m. Sunday?

In the United States, 2 a.m. was originally chosen because it was practical. Officials figured it minimized disruption because most people were at home and this was the time of day when the fewest trains were running -- trains speeding back and forth across the country were a major reason the current Daylight Saving Time was developed in the first place. The 2 a.m. hour is late enough to only minimally affect bars and restaurants, and, it prevents the day from switching to yesterday, which would be confusing, to say the least.

It is also early enough that the entire continental U.S. switches by daybreak and it occurs before most early shift workers and early churchgoers are affected.

The latest national energy policy directs the Secretary of Energy to report any adverse impacts to Congress, which retains the right to return to the previous schedule if President George Bush's three weeks early idea doesn't work out.

So far, so good ...

Taking an hour of daylight from the front end of the day and moving it to the back is

not a new idea and has, in fact, surfaced often throughout American history. Benjamin Franklin was probably the first American to propose the idea way back in 1784 while he was living in Paris, France and trying to drum up support for the fledgling American Revolution.

“All the difficulty will be in the first two or three days; after which the reformation will be as natural and easy as the present irregularity,” he said. “Oblige a man to rise at four in the morning, and it is probable he will go willingly to bed at eight in the evening.”

The time change was also part of war planning for both World War I and World War II. President Franklin Roosevelt officially instituted year-round DST, called “War Time,” from Feb. 2, 1942 to Sept. 30, 1945.

Then, faced with a growing energy crisis in 1974, President Richard Nixon signed into law the Emergency Daylight Saving Time Energy Conservation Act of 1973, which officially set all clocks in the land ahead for a 15-month period through April 27, 1975. Congressional legislation in 1986 standardized CDST in the U.S. to begin at 2 a.m. on the first Sunday of April and end at 2 a.m. on the last Sunday of October.

It went along that way until 2005 when President Bush signed the country’s latest energy policy act into law; all of which brings us to early this coming Sunday -- 2 a.m. to be exact -- when we will move our clocks back an hour to return to Central Standard Time.

Studies done by the U.S. Department of Transportation show that the back and forth time change decreases electricity usage by a small but significant amount -- around 1 percent a day. Energy use and the demand for electricity for lighting homes is directly related to the times people go to bed at night and rise in the morning.

In the average U.S. home, 25 percent of electricity is used for lighting and small appliances, such as TVs, DVR's, DVD's, stereos and the like, and a good percentage of energy consumed by lighting and appliances occurs in the evening when families are home. By moving the clock ahead and then back one hour, the amount of electricity consumed each day decreases.

So, everyone was accommodated and happy ... well, almost all. Dairy farmers in middle Tennessee were among those who objected, claiming their cows only knew when it was time to be milked. Cows didn’t pay much attention to the hour's difference, they said. One county judge in a county seat near here was so cantankerous about it that only threats by the Governor to send in the National Guard got results.

Eventually, though, a majority of people accepted the idea and went along, if a few did so grudgingly.

Still, for the record, a few governmental entities don't participate in the switching of time back and forth. In the U.S. and its territories, the switch to CDST is NOT observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands and the State of Arizona. The Navajo Nation participates, even in the Arizona portion of its territory, due to its large size and location in three states.

So, plan for that hour of sleep you’ll lose when you remember to set your clocks back an hour before you go to bed Saturday night.

Winter's a-comin'.